



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE CLASS FOR PEOPLE LIVING WITH PARKINSON'S

Participants will engage in activities to maximize general range of motion and balance. Light-weight training, stretching exercises, and balance training will be used to facilitate activities of daily living.

**When:** February 26<sup>th</sup> – April 4<sup>th</sup> on Tuesdays and Thursdays\*

**Time:** 11:45am-12:45pm

**Where:** Chickahominy Family YMCA, located near the airport.

**Cost:** YMCA Facility Member: \$35 / YMCA Community Member: \$65

**\*Next Session begins April 9<sup>th</sup>.**

## Exercise is Therapy for Parkinson's Disease

Exercise is important for people living with Parkinson's as there are physical challenges associated with the disease. This specialty, group-exercise class will help with many symptoms of Parkinson's Disease:

- Slowness
- Stiffness or rigidity
- Gait
- Balance problems
- Tremors
- And more.

## For More Information:

Please contact: Barrett Coleman, Associate Director of Wellness, at 804-737-9622;  
[colemanb@ymcarichmond.org](mailto:colemanb@ymcarichmond.org)

## Chickahominy Family YMCA

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